

10 Ideas For Creating Calm

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1. Come back to something you love about your work.
2. Pick one thing to work on to move your business forward.
3. Break it down into smaller steps.
4. Have a clear way of capturing your ideas, to-do's, etc.
5. Make a decision.
6. Befriend imperfection.
7. Remember that hearing "no" is part of the plan.
8. Make space for feeling vulnerable.
9. Consistency, even if small and intermittent, will bring results.
10. Decide to make it more fun.